

# Exploring Creativity and Connection in Health and Healthcare

The arts have the ability to give us fresh ways to make sense of the world, to relate to oneself and others, and to feel “connected.” Creative expression fosters and amplifies positive emotions, promotes more energized and vital ways of engaging with daily activities, and increases resilience and endurance - all essential to thriving from ANY point of view- and fundamental to health!

Please join us as we explore the importance of creative arts expression in health and healthcare. Led by Dr. Jeremy Nobel, Harvard Medical School faculty member, founder of the Foundation for Art & Healing (and PSOM Alum!) we will examine new research findings relevant to medical practice as we care for ourselves and others. We will also unpack loneliness and isolation as a growing concern to those in the medical field and ways the arts can be a powerful tool as we respond. The discussion will be highly interactive, creative and fun!

February 5th • 2-3pm

Law Auditorium

with light refreshments and discussion to follow



## Organizational Sponsors

### Faculty Affiliation

Jeremy Nobel, MD, MPH  
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